Ottawa metro

Your essential daily news | TUESDAY, AUGUST 2, 2016

High 29°C/Low 17°C Mainly sunny

POLITICS

Twins pen Millennial manifesto

metroLIFE

Ghost bike battle takes illegal turn

MYSTERY

Spray painted bike appears after chalk renditions erased

Emma Jackson
Metro | Ottawa

Guerrilla chalk has morphed into illegal graffiti at the corner of Bank and Riverside, where cycling advocates and anti-ghost-bike residents have been battling for more than a week.

An illegally spray painted ghost bike appeared on the southwest corner of the bridge Monday morning, upping the ante on an ongoing chalk battle between cycling advocates and an anonymous person who keeps washing off their ghost bike drawings.

Local cyclist Meg Dussault was killed at the corner on July 30, 2013. A white ghost bike appeared soon after, and eventually sparked a city-wide debate that led to a new six-month limit on roadside memorials.

The bike was taken down this spring, but cycling advocates like Kathryn Hunt have maintained a chalk version nearby.

Lately, a mystery person has started washing the bike off the wall overnight.

Hunt keeps putting it back up.

It was removed three times last week, including the day after the third anniversary of Dussault's death, when her family drew an elaborate mural complete with messages and photos in her memory.

Apparently, that was the last straw for one resident, because by Monday morning he or she had painted a permanent white bike on the wall.

It's illegal, of course, and all someone has to do is make a graffiti complaint to have it removed.

But it sends a message, said Hunt.

"The paint says that it's wanted and that people care about this ghost bike and they don't want to see it just washed away or erased," Hunt said.

She said it's an expression of cyclists' anger that "nothing has been done" to fix the bridge in the three years since Dussault died.

The city and the National Capital Commission are working on a joint project to build an east-west underpass so those cyclists don't have to cross the road. But north-south riders would still have to contend with bridge traffic.

Kathryn Hunt doesn't know who spray painted a white bike at Bank and Riverside, but she said it sends a message that the community wants a memorial in this spot.

EMMA JACKSON/METRO

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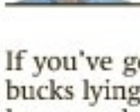
metro NEWS
Your essential daily news

Canada's only shark derbies get underway in Nova Scotia. **Canada**

Morissette luxury condo for sale

HOUSING MARKET

Real estate agent says unit redone to singer's tastes



Joe Lofaro
Metro | Ottawa

If you've got about a million bucks lying around, you could have one hand in your pocket and the other holding a set of keys to a swanky Ottawa condo.

Ottawa-born singer-songwriter Alanis Morissette is looking for someone to buy her luxury sub-penthouse condo in Lowertown's "embassy row" on Boteler Street, off of Sussex Drive.

Boasting unobstructed views of the Ottawa River, Parliament Hill, and the Gatineau Hills, the two-bedroom unit owned by one of Canada's greatest musical exports is listed for $989,000.

John King, a broker with real estate company Engel and Volkers Ottawa Central, is working with Morissette's team in Los Angeles and is emailing the You Oughta Know singer directly on some finer details, he said.

It's also his biggest international client to date in his 23 years in real estate.

"She's just really, really, really pleasant to deal with," King told Metro.

The listing says the unit has been designed to "embrace Eastern influences in details and craftsmanship" as well as "Western influences with an open concept layout."

It goes on to say, "Substantial carved posts and beams add texture and a sense of permanence."

> **I actually think that some of the older buildings are some of Ottawa's best hidden secrets for condos.** John King

The home was once featured in MTV's show Cribs, as pointed out by Exclaim. The songstress even showed off a cupboard filled with neatly organized boxes of Kraft Dinner on camera.

The Sussex tower was built in the 1980s and Morissette has owned the 11th unit for the last 14 years, according to King.

Amenities include a gym and party room. Interested owners should take note of the condo fees: $1,575 per month.

"I think the people that are going to buy it are not the people that are going to be leveraged. They're going to be able to afford it quite comfortably and understand that it is a lifestyle community building," said King.

Morissette, 42, who now calls L.A. home, gave birth to her second child in June and is the newest advice columnist at the British newspaper, The Guardian.

In an interview with Torstar News Service last year, she recalled Ottawa being "an incredible place to be."

Her Ottawa condo has been on the market for about 60 days, according to King, who says it is common for luxury properties to close at a slower pace.

"The higher end condo market right now, it's not a strong market at the moment. Things are taking longer to sell," he said.

"I actually think that some of the older buildings are some of Ottawa's best hidden secrets for condos because they often have the best locations. So buying a building that was built in 1980 would allow someone to get the nicest views that are unmatched in the city and you're getting a renovated unit."

1 Alanis Morissette is selling her condo on Boteler Street in Ottawa's Lowertown neighbourhood. SONIA RECCHIA/GETTY IMAGES

2 The music star's open concept kitchen in her Boteler Street condo. **Buyers should note that the unit carries a monthly condo fee of $1,575, but the building includes amenities such as a gym and party room.** COURTESY JOHN KING/ENGEL AND VOLKERS OTTAWA CENTRAL

BY THE NUMBERS

$989K

The listing price for Morissette's condo is **$989,000.**

1,850

The sub-penthouse two- bedroom unit is **1,850 square feet.**

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RIDEAU CANAL BYTOWN DAYS FESTIVAL Twin sisters Saffi and Kenzi Reilly, 8, test out some old-fangled technology during celebrations at the Rideau Canal locks on Monday afternoon. The weekend-long Bytown Days festival focused this year on the Celtic connection to the canal, which was built largely by Irish and Scottish workers. EMMA JACKSON / METRO

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Family struggling to rebuild after fire

CONFEDERATION COURT

Parents teach children value of patience amid hardship

Erin McCracken
Metroland Media

Eugenie Kalagirwa is no stranger to hardship, nor is she one to ask for help.

So others are asking on her behalf, and that of her husband and their seven children, who range in age from eight to 19. The family is grappling to rebuild their lives after a kitchen fire broke out in their rental home at the Confederation Court neighbourhood at Russell and Walkley roads on July 14, causing an estimated $60,000 in damages.

"Things are very hard," Kalagirwa said of their lives now.

The day of the fire, she was at home with three of her teenage daughters when flames and smoke began filling their four-bedroom home.

Kalagirwa had just grabbed some identification documents and school certificates, and they were evacuating the premises, when off-duty Ottawa firefighter Mike Kaine was passing by and followed the smoke to the row house unit. He came bursting in to make sure everyone had gotten out in time and stayed to lend a hand with responding fire crews.

Since then, the family has faced much upheaval.

"The day that it happened we were taken to a hotel at Broadway Travelodge on Innes Road by the Red Cross," Kalagirwa said, adding the Red Cross paid for three nights' stay.

The day they were to leave, they called a shelter for help and were directed to stay at a motel in Lowertown. The family is still there, crammed into two rooms.

Some of the children must sleep on the floor since there aren't enough beds for everyone, but the biggest challenge has been living without a kitchen. There is no place for Kalagirwa to cook for her large family.

The Confederation Court Community House has been helping by supplying them with store gift cards so they can pick up food staples. Kalagirwa has also turned to the dollar store for food.

The House has launched an online fundraiser through gofundme.com/2f2zbdtg to help the family replace some of what they lost in the fire — they'll need beds, other furniture, linens, clothing, kitchen utensils and many other essentials.

Eugenie Kalagirwa tends her garden at the Kilborn Community Allotment Gardens in Alta Vista, where she has found some solace after her family's home at Confederation Court was devastated by fire on July 14. ERIN MCCRACKEN / METROLAND MEDIA

"But at least we are in a home," Kalagirwa said. "It's a part of life — life is not easy."

Confederation Court has also been working with housing providers at Ottawa Community Housing to arrange for permanent housing. Kalagirwa recently learned there will likely be a rental unit available at an OCH property in the Heatherington community on Aug. 15.

That means there is still a long wait before they can settle into a new home with the few belongings they managed to salvage from their smoke-filled home.

"I found that two and a half weeks is like 10 years," she said of the interminable wait during an interview with Metroland Media on July 28.

Despite the recent hardship, Kalagirwa is teaching her children to stay positive.

"I try to sit with the children every evening," she said. "I have to talk to them so they can calm down and they have to understand it's life and in life anything can happen.

"'You have to be patient,'" she said she tells them. "'At least we are alive.'"

Her positive outlook comes from her experience fleeing with her two eldest children from their home in the war-torn Democratic Republic of the Congo to neighbouring Uganda. They had become separated from Kalagirwa's husband, Eugene Kabamba, at the time, but managed to reunite with him in a refugee camp across the border.

That would be their home — and the birthplace of four of their daughters — over the next seven years.

They finally came to Canada in June 2007 and had been living at Confederation Court almost since the beginning. Kalagirwa gave birth to her seventh child, Benjamin, who is now eight years old, here in Canada.

Though they know they will face many challenges in the months ahead, material possessions can be replaced, Kalagirwa said.

RIO 2016 *Our athletes at the Games*

ABOVE: The Synchronized Swimming Duet that won Karine Thomas of Hull (left) and Jacqueline Simoneau gold at the 2015 Pan Am Games in Toronto.
TORSTAR NEWS SERVICE

RIGHT: Simoneau and Thomas celebrate after winning the gold.
THE CANADIAN PRESS

Diving into family tradition

OLYMPICS

Local swimmer follows parents, grandmom in water sports

Lucy Scholey
Metro | Ottawa

A love of swimming runs deep in Karine Thomas's family.

The 27-year-old Olympic synchronized swimmer from Hull, Que. grew up with two national team water polo players for parents. Her grandmother was a synchronized swimmer in the 1940s and '50s.

"My grandmother always used to take me swimming. She would bring me to the pool every summer," she said, speaking from a training camp in Florida. "I think what she really gave to me was the love of being in the water. I don't know that I would have had that without her."

Thomas is flying to Rio Aug. 8 for a second run at a podium spot. This time, she will be competing with Jacqueline Simoneau for the duet event. The pair won gold at the Pan Am Games in Toronto last year and a second gold with the team.

"The sport in 2012 and what it is today is very different. We're even faster. We're more intricate," she said.

Thomas was an athletic kid, dabbling in just about everything from gymnastics to football. Nothing sparked her like synchronized swimming.

She first watched the sport on TV from Atlanta in 1996, but didn't dive in until four years later.

"Just the whole esthetics and glamour of it was really appealing to me as a kid," she said.

When Thomas was 13, her family moved to Montreal, where she started competing more seriously. Her dad — whom she credits as her biggest inspiration — could relate. As a young water polo player, he also moved away from home to compete on the national team.

"He was always there to listen to me and guide me," she said.

With her sights set on the Olympics, she didn't make the cut for the 2008 synchro team.

Her dream came true four years later, but the Canadian team narrowly missed a medal at the London Games, placing fourth.

Then a rookie, she's now the vet as the only synchro holdover from 2012. It will likely be her last Olympic Games. Her parents, aunt, uncle and family friends will be cheering her on from the crowd.

"We, for the most part, are aiming to just nail our routines," she said. "That's our goal, right now, is to be as perfect as we possibly can."

A DAY IN THE LIFE OF KARINE THOMAS

1. **5 a.m.:** She wakes up, walks and feeds the dog, and eats a big breakfast of oatmeal, fruit and toast with peanut butter. "I usually go for something that's pretty calorie-rich," she says.
2. **7 a.m.:** After packing her bag and making the six-minute walk to the Olympic Stadium in Montreal, she stretches and eases her body into a day of intense synchronized swimming.
3. **7:30 a.m. to noon:** The team practises its different routines.
4. **Noon to 12:30 p.m.:** Thomas eats a small lunch, usually a grapefruit or a banana.
5. **12:30 to 3:30 p.m.:** She gets back in the pool to work on her routine.

ENTREPRENEUR

Cruise local waterways on sailboat

There's a new way to see the sights of Ottawa this summer: from the deck of the Brass Toucan, a one-of-a-kind boat captained by a woman and her dog.

Offering intimate boat tours of the Rideau River, the Brass Toucan offers locals, newcomers and tourists alike a chance to see the area from a new perspective.

"It reframes Ottawa for you when you start working with the waterways," said Jenny Bruce, creator and captain of the Brass Toucan.

"It's absolutely gorgeous out here."

Bruce can accommodate small groups of up to four people aboard the Brass Toucan, which was brought to life from the shell of an old sailboat.

She offers everything from leisurely day excursions to four-day trips.

The Brass Toucan and Bruce herself are licensed to operate commercial tours, starting at the Rideau Canoe Club (804 Hog's Back Rd.) near the Hog's Back lock station.

The boat can take groups to the Black Rapids lock station or further south to the Long Island lock station near Manotick.

Part of the draw is the opportunity to navigate lock stations, Bruce said. Depending on the tour's destination, groups could experience up to four lock systems — lending a helping hand and learning the ropes as they go.

The Brass Toucan is open for business while the weather is agreeable, Bruce said, likely until September.

Information about the vessel, what it offers and pricing can be found at thebrasstoucan.com.

KELLY MCCARTHY/ METROLAND MEDIA

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Fort Mac hit by flooding

NATURAL DISASTERS

Emergency ops underway two months after wildfire

Brodie Thomas
Metro | Calgary

Fort McMurray hasn't seen a plague of locusts yet, but it can add flooding to the list of natural disasters it has experienced this year.

Low lying parts of the city saw flooding after a day of heavy rain on Sunday, causing the city to activate its emergency operations centre.

Dennis Morais lives in the community of Gregoire, in the city's southwest. While his home wasn't directly affected, he drove down for a closer look.

"It was flooded by the high school and just by Highway 63," he said, noting that police had to close off some roads to traffic.

Photos show cars at a Fort McMurray dealership being inundated with water after heavy rains callused localized flooding Sunday. COURTESY MADYSON DOUCET

Morais said he heard that many of his neighbours had flooding in their basements.

While vehicles with wheels were blocked from the flooded areas, that didn't stop Tyrone Kendell, another Gregorie resident, of trying out his seadoo in about four feet of flood water.

"A couple of my buddies dared me and I went through with it."

Kendell said he was out for about five minutes before he saw the city's pump trucks coming and decided to get out of the way.

Darby Allen, director of emergency management for the municipality, said in an email that the region received around 85 millimetres in just two hours on Sunday.

85 mm

Fort McMurray received around 85 millimetres of rain in just two hours on Sunday.

Environment Canada issued a rainfall warning for Fort McMurray and surrounding areas on Sunday morning and continued the warning later in the afternoon.

The forecast said some areas could receive thunderstorms that deliver 100 millimetres of rain or more.

By Monday, the flooding had subsided, leaving those with flooded basements to clean up yet again.

A wildfire spread into the city on May 3 and forced more than 80,000 people to leave for nearly a month.

It destroyed roughly 2,400 homes and other buildings, about one-tenth of the city.

WITH FILES FROM THE CANADIAN PRESS

COMPUTING

Cloud data strategy rolled out

A federal proposal for the use of cloud computing makes it clear that the most sensitive data the government keeps about Canadians won't be allowed to leave the country.

Only information the government deems "unclassified" — meaning it's unauthorized release carries little, if any material or physical harm to the government or individual Canadians — will be allowed to cross the border, bound for cloud computing servers in other countries, under the government's newly released cloud computing strategy.

When data does leave the country, it must be encrypted, says the strategy that has been in development for more than a year.

Sensitive personal information on Canadians like social insurance numbers and top secret government data will remain on cloud servers in the country so the federal government maintains "sovereign control over its data," the strategy says.

THE CANADIAN PRESS

TOURNAMENT

Mind your fingers in the wake of Canada's only shark derby

For most Canadians, sharks are objects of mystery and fear — unblinking, primeval monsters of the deep whose razor-sharp teeth are the stuff of nightmares.

In Nova Scotia, however, for a few weeks every summer they are objects of desire.

Unique in Canada, the province hosts annual shark derbies every August, in which hundreds of anglers pay for a chance to land one of the top predators of the sea.

These fishing tournaments have been closely monitored by the federal Fisheries Department since they started in 1993. Four are scheduled for the next two weekends: two in Cape Breton and two along the province's southwest shore.

"Just to feel it, even if it's a little one, you've got something there that's very powerful," said George Benham, president of the 25th annual Lockeport Sea Derby. "It can run for a minute or two and a time, and the line is flying off the reel. It's exhilarating."

Benham says the town's festival also offers prizes for those who catch the largest mackerel and groundfish, typically cod, pollock and haddock. But it's the big sharks that attract the most attention when fishermen haul them onto the wharf to be weighed and examined by federal scientists. Benham, a lobster and cod fisherman, admits shark fishing can be dangerous. "If you catch one, and you start putting your hands and fingers around their mouth — well, that's not a smart thing to do," he says.

Virtually all of the sharks landed during the derbies will be blue sharks, the most abundant type of shark off Nova Scotia and southeastern Newfoundland.

THE CANADIAN PRESS

> "You've got a live creature that can be pretty big and powerful with sharp teeth. You treat them with respect. George Benham

A 3.3m, 492kg mako shark caught at the 2004 Yarmouth shark derby. THE CANADIAN PRESS/HO-DEPARTMENT OF FISHERIES AND OCEANS, CANADIAN SHARK RESEARCH LAB

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A new public health battleground

OBESITY RATES

Charity giants' new campaign takes on junk food industry

David P. Ball
Metro | Vancouver

They're calling junk food the "new tobacco" war.

Some of Canada's largest and most influential health charities — led by the Heart and Stroke Foundation and the Childhood Obesity Foundation — are girding for a battle they're comparing to their 1990s campaigns against the cigarette industry.

The new target: food marketing to children. The Stop Marketing to Kids Coalition has blossomed to more than 30 other organizations across Canada. And because of the risk unhealthy products could pretend to be healthy, they're pushing for a complete ban on all food and beverage advertising aimed at under-18s.

"We're seeing higher rates of hypertension, diabetes and high cholesterol," explained Mark Collison, the Heart and Stroke Foundation BC & Yukon's director of government relations and health promotion. "We've even got kids with Type 2 adult-onset diabetes now getting the disease in their late teens.

"It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat. Industry has no business, really, in the minds of kids."

The coalition's manifesto: the Ottawa Principles, a nine-point plan to stop marketing primarily targeted at children, to prevent advertising in schools and daycares, and create review and enforcement mechanisms to approve ads. They've proposed creating an exception for non-profit nutrition campaigns.

Though the coalition's endorsers have been in talks since 2014, the election of the federal Liberals sparked a push to formalize their campaign into a coalition in February.

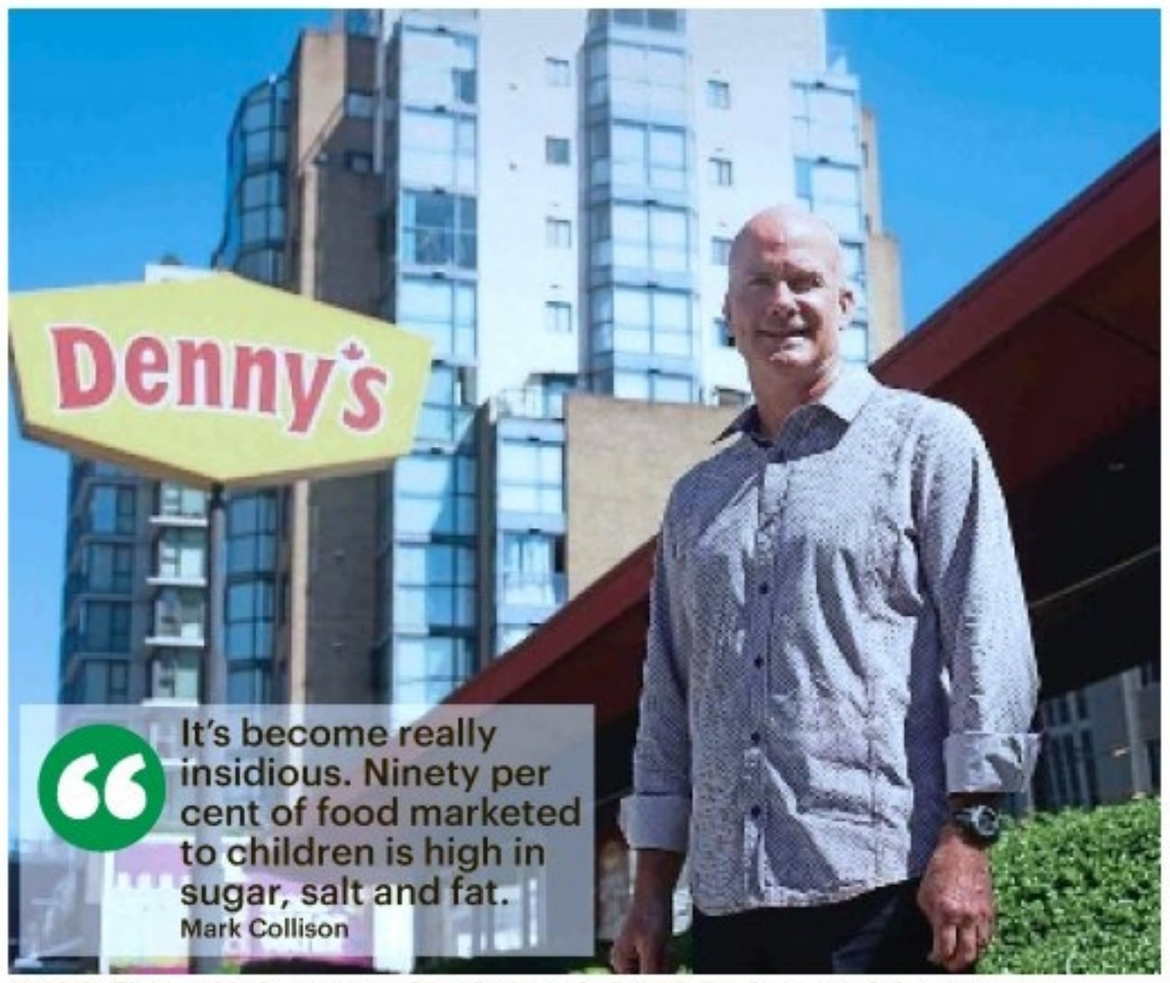
In particular, Collison said the "catalyst" was Prime Minister Justin Trudeau instructing his appointed Minster of Health to introduce "new restrictions on the commercial marketing of unhealthy food and beverages to children, similar to those now in place in Quebec," he wrote to Jane Philpott.

But the Childhood Obesity Foundation's Dr. Tom Warshowski told Metro that doesn't go far enough because restricting the advertising ban to "unhealthy food and beverages" would mire various product's health claims in bureaucracy — for instance, the high-sugar hazelnut chocolate spread used to advertise its health virtues. Even fast-food restaurants salads, which appear healthy, are high in calories.

Besides, he quipped, "We don't see carrots, cauliflower and broccoli being marketed. We're seeing processed foods, happiness in a can, junk food."

Collison brushed off fears of a "nanny state" choosing what parents can feed their kids. Advertising everything from Happy Meals to Disney-themed soda pops, the Heart and Stroke Foundation argued, has effectively "brainwashed" generations of youth who are psychologically vulnerable to marketing ploys.

"This isn't about a nanny state," he added. "We're not telling people what to do. We're telling industry what to do: Back off and let parents do their job."


Denny's
It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat.
Mark Collison

Mark Collison, with the Heart and Stroke Foundation BC & Yukon, stands by a Denny's restaurant near the charity's Vancouver office. Over his shoulder is an example of common marketing oriented to children, he said. DAVID P. BALL/METRO

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U.S. strikes Daesh from sky in Libya

Members of forces loyal to Libya's unity government take part in the military operations against Daesh in Dollar neighborhood in the center of Sirte, 450 kilometres east of Tripoli.
MEDIA CENTRE OF THE GNA FORCES MILITARY OPERATION AGAINST IS IN SIRTE/HANDOUT/AFP/GETTY IMAGES

COALITION

Action follows worries about group's rising threat to Europe

The United States launched multiple airstrikes against Daesh militants in Libya on Monday, opening a new, more persistent front against the group at the request of the United Nations-backed government, Libyan and U.S. officials said.

Fayez Serraj, the head of Libya's UN-brokered presidency council, said in a televised statement that American warplanes attacked the Daesh bastion of Sirte on the Mediterranean in northern Libya. No U.S. ground forces will be deployed, he said.

The precision strikes, which targeted a Daesh tank and vehicles, come amid growing concerns about the group's increased threat to Europe and its ability to inspire attacks across the region, even though its numbers have been shrinking because of attacks from local forces and allied international troops.

"The presidency council, as the general army commander, has made a request for direct U.S. support to carry out specific airstrikes," Serraj said. "The first strikes started today in positions in Sirte, causing major casualties."

The strikes mark the start of a more intense American role in the fight against IS in Libya, as the U.S. steps in to assist the fragile, UN-backed government. They were the first strikes by the U.S. on the group in Libya since February, and they are expected to continue. But officials said they expect the air campaign will last weeks, not months.

Obama's authorization for action in Sirte covers strikes, intelligence and surveillance, but not ground operations, according to a White House official, who wasn't authorized to speak publicly about the strikes and requested anonymity.

Serraj said his government is joining the coalition against Daesh, adding, "This is the time for the international community to live up to its promises to the Libyan people."

He also noted that the strikes will not go beyond Sirte and its surroundings. He said any other foreign intervention is not allowed without co-ordination.

His warning comes after several French commandos were killed fighting Daesh militants. U.S., French, British and Italian special operations forces and military experts have been assisting Libyan troops fighting Daesh militants in eastern and western Libya.

THE ASSOCIATED PRESS

6,000

U.S. officials earlier this year estimated there were as many as 6,000 Daesh insurgents in Libya.

HEALTH

Zika warning issued for Miami

Government health officials warned pregnant women Monday to avoid a Zika-stricken part of Miami and told couples who have been there recently to put off having children for at least two months, after the number of people feared infected through mosquito bites in the U.S. climbed to 14.

In its highly unusual and perhaps unprecedented travel warning, the Centers for Disease Control and Prevention also said expectant mothers should get tested for the virus if they have visited the neighbourhood since mid-June. All 14 cases are thought to have occurred in Miami's Wynwood arts district, a trendy, fast-gentrifying neighbourhood of warehouses, art galleries, restaurants and boutiques.

Gov. Rick Scott asked for a CDC emergency response team to help Florida combat Zika.

THE ASSOCIATED PRESS

HOT AIR BALLOON CRASH

Pilot flew despite drunk driving past

The pilot of a hot air balloon that crashed in Texas, killing 16 people, was able to keep flying despite having at least four convictions for drunken driving in Missouri and twice spending time in prison.

Whether the pilot's drinking habits had anything to do with the crash was unclear. A former girlfriend described Alfred "Skip" Nichols as a recovering alcoholic. She said he had been sober for at least four years and never piloted a balloon after drinking.

Nichols, who had been stripped of his driver's licence at least twice, "couldn't drive a car but he could pilot a hot air balloon," said an attorney who represented a passenger who sued Nichols in 2013. The passenger said she was hurt when Nichols crash-landed a balloon in the St. Louis suburbs.

Had he been a commercial airplane pilot, Nichols probably would have been grounded long ago.

The Federal Aviation Administration might allow a recovering alcoholic to fly commercial jets if the pilot could show that he or she was being successfully treated, said John Gadzinski, an airline captain and aviation safety consultant. But the agency is unlikely to accept an airline pilot with convictions for driving under the influence, he said.

The 49-year-old Nichols also had a long history of customer complaints against his balloon-ride companies in Missouri and Illinois dating back to 1997. Customers reported to the Better Business Bureau that their rides would get cancelled at the last minute and their fees never refunded. THE ASSOCIATED PRESS

A crew hoists a bag holding the remains of the hot air balloon.
DEBORAH CANNON/AUSTIN AMERICAN-STATESMAN VIA THE ASSOCIATED PRESS

IN BRIEF

Five dead after Russian chopper shot down in Syria

Rebels in Syria shot down a Russian combat helicopter on Monday amid fierce fighting around Aleppo, killing all five people on board in the deadliest single incident for the Russian military since it became embroiled in Syria's civil war 10 months ago.

The helicopter downing came as the Syrian army, under Russian air cover, fought to repel a rebel attempt to break the government's siege of Aleppo, killing more than 800 militants, according to the Russian military.

THE ASSOCIATED PRESS

Taiwan leader apologizes to aboriginals for suffering

Taiwan's president on Monday apologized on behalf of the government to the island's aboriginal peoples for 400 years of conquest and colonization, saying the facing of difficult historical facts was necessary for society to move forward.

Tsai Ing-wen said her government wished to "take a further step" and offer its "fullest apology."

THE ASSOCIATED PRESS

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Meet the Botlr — a robot being rolled out at Aloft hotels in the U.S. If you need extra towels or a toothpaste, send the request from your smartphone and the Botlr will be right up. CONTRIBUTED

Embracing the future

TOURISM

Smartphone apps to enable keyless entry to hotel rooms

The last thing weary travellers want to do is to wait in line for their hotel room key.

That's what hotel chains believe, and thanks to technology, they have already begun to offer entry via smartphone.

In the hotel room of the future technology will simplify things. There will be one less plastic card to lose and technology will anticipate your needs, switching on lights or dispatching a robot to deliver extra towels or pillows.

> **Guests like to bypass the front desk.**
> Matt Rattray

Keyless entry is available at the Aloft Hotel in Vaughan, Ont., where people can check in using the Starwood app, get a notification when their room is ready, and be sent their room number, without talking to anyone.

"It's very easy to lose your key, but you never lose your phone," said Matt Rattray, general manager of the hotel, next to the Vaughan Mills shopping mall. "Guests like to bypass the front desk."

On a recent visit, Rattray found three guests had used the keyless entry program by early afternoon, though they must have stayed previously at that hotel at least once to bypass the front desk entirely.

And don't think about using it as a way to sneak around for secret trysts, because only one guest can use their smartphone at a time.

Rattray says the Aloft hotel focuses on technology, ensuring a 100 megabits per second speed for its Wi-Fi, which is available throughout the hotel — along with plenty of outlets where users can charge devices at tables in the lobby.

That reflects a growing desire for the third place — not your home, not your office, but another space to work. Call it the Starbucks effect.

The Starwood chain has the Botlr — a robot that can deliver items to guests. But it can't knock, so it's programmed to call a room on arrival so the guest can retrieve their item.

The idea behind the robot is to get rid of customer pain points such as waiting in line to ask an employee a question.

"If you can offload the 10 most frequently asked questions to a front desk person, you're freeing that person up to check people in faster, anticipate guest needs and react to requests faster," said Jim Holthouser, executive vice-president for global brands at Hilton. TORSTAR NEWS SERVICE

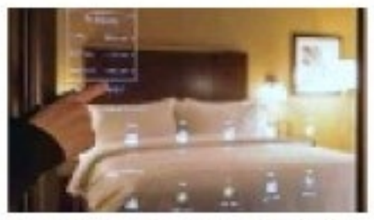
Customer service gets a tech upgrade

Robot concierge: Hotels are using robots to do some repetitive tasks, such as fetching extra towels or pillows. The Hilton chain has Connie, while at Starwood, there's the Botlr, which executives say frees up staff to help guest with other more important tasks.

Mirror, mirror, where's my news?: Some hotels are testing ways to deliver information such as weather and news headlines, including on a mirror in the guest's room.

Light my way: Even though a hotel room is familiar, in many ways it can be unfamiliar. When guests are staying in an unfamiliar setting, it can be easy to trip on the way to the bathroom at night or stub a toe on a dresser.

Plug and play: With travellers arriving with multiple devices, often loaded with favourite shows or movies, hotels are making sure they can be played on the room's TV. Marriott has partnered with Netflix so users can hook up their accounts.



Four Points Sheraton hotels is testing a smart mirror offering news, sports scores and the weather forecast. CONTRIBUTED

Instant chat: Marriott says its check-in and check-out service on its app is popular, and it lets guests use chat feature to ask specific questions.

Quick feedback: Hotels.com will ask guests to send real-time reviews upon check-in — click on a smiley face or frowny face to a few simple questions including the room and location, and problems can be promptly fixed. TORSTAR NEWS SERVICE

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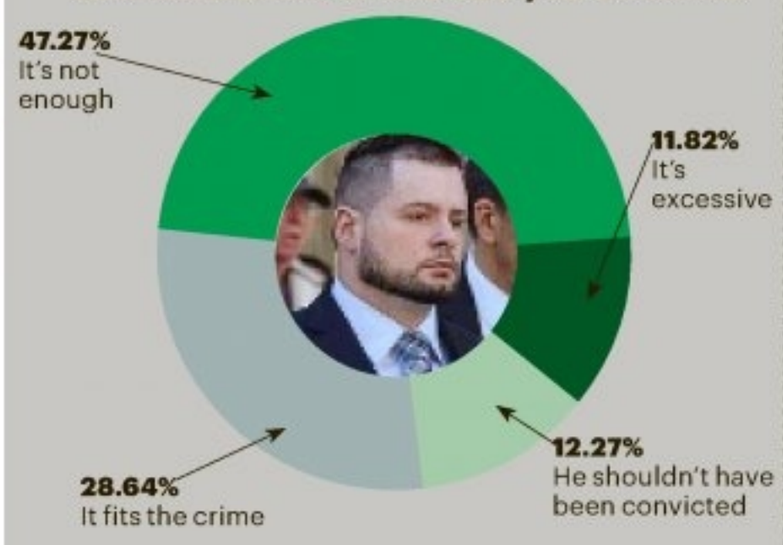
metro VIEWS
Your essential daily news
Tuesday, August 2, 2016

METRO POLL

Was James Forcillo sentenced fairly?

In January, Toronto police constable James Forcillo was convicted of attempted murder for shooting Sammy Yatim, 18, on a streetcar. Last week, Forcillo was sentenced to six years in prison. The judge said that six of the nine shots fired by Forcillo were "unnecessary and unreasonable and excessive." Forcillo's lawyers have said that he is the only police officer in Canada to be convicted and sentenced for attempted murder. We asked for your take.

1 What's your opinion of Toronto police constable James Forcillo's six-year sentence?



WE ASKED Metro readers

Sammy was being held captive in the streetcar. None of the 9 shots needed to be fired.

8-10 years would have been more just, and perhaps stood as some sort of deterrent in the future.

Police should be tried like everybody else.

When the people who we entrust to uphold the law break it. The consequences should be greater. The sentence was not enough.

He was just doing his job, he is not a criminal.

The gun can't be the answer to every confrontation ... Officers need better training.

If you truly read the details and reasoning behind the sentencing with an open mind, the decision/ sentence is well thought out.

visit metronews.ca
HAVE YOUR SAY

On Abdi: Reserve judgment but keep asking questions

COLLINS' CAPITAL

Steve Collins

A week after Abdirahman Abdi's death in police custody, emotions are still raw and the factual picture is incomplete.

It's always good advice to reserve judgment in cases like these, and that goes double when, as is increasingly common, there's video of some or all of the incident. The footage, we're always cautioned, especially when police are involved, may be vivid, but it might not tell the whole story.

Still, we see what we see, hear what we hear. The 2013 video that captured the sound of the gunshots Const. James Forcillo fired at 18-year-old Sammy Yatim on a Toronto streetcar struck many viewers as excessive, but we were repeatedly cautioned not to jump to conclusions.

Last week, Forcillo was sentenced to six years in prison for attempted murder.

So far, none of the publicly available video in the Abdi case shows the actual confrontation, only its awful aftermath. But the court of YouTube has issued some hasty and stinging verdicts, the videos' titles ranging from the categorical ("Abdirahman Abdi killed by the Ottawa police") to the overheated ("POLICE BRUTALITY – Ottawa Cops Violently Arrest Mentally Ill Man & Cause His Tragic Death").

In another premature conclusion, police union president Matt Skof, while reminding us not to rush to judgment, felt immediately comfortable dismissing the colour of Mr. Abdi's skin as "a fact, not a factor" in the incident.

"I'm worried that the conversation is even occurring, to be quite candid," he told the CBC last week.

Skof is just doing his job, looking out for the interests of his members. But I don't know what to tell him. People are going to converse. Race, language and mental-health problems all appear to be facts — and possible factors.

This incident has been on our minds for a week in part because what we so carefully and neutrally call 'police-involved' deaths are a shocking and exceedingly rare occurrence in Ottawa. But we would be a special little town indeed if there were no such thing as racism here, and no possibility that it could ever leach into police decision-making.

Ottawa police have spent the past few years engaged in the thoroughly paradoxical exercise of reassuring the public about their colour-blindness by actively noting the race of every person they've subjected to a traffic stop.

The study was part of a settlement with the Ontario Human Rights Commission. The original 2005 complaint came from Ottawa resident Chad Aiken, who was driving his mother's Mercedes when he was pulled over by police and, he claimed, harassed and assaulted. He's black, and believed that was the main reason, fact and factor, that he was pulled over.

There shouldn't be any questions ruled out of bounds as we try to sort out just what happened to Abdi last Monday.

Reserving judgment doesn't mean suspending your critical faculties. By all means, be patient and let the province's Special Investigations Unit do its work, but don't let anyone tell you to stop thinking and questioning at a time like this. It's possibly the most important thing you can do.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

Couples preparing for each other's death: The final compromise

If, like me, you're in your 30s, you might also have reached the stage in life when your parents plan their funerals.

It's a reasonable enough conversation. Cultural and religious norms that were once automatic have been usurped by personal preferences; we've undergone a democratization of death. But an underlying tension remains: Do we mark death for the dead or the living?

"Once you have died, it's about the people who've been left behind," my mum told my dad. They were in the kitchen, and she'd just returned from a Catholic funeral-info session, covering what personal details a priest might need for the service and keeping the eulogies short and sweet.

Mum, the religious one, had come away with an interesting idea: She would be planning her own funeral, yes, but also my non-religious dad's.

You'll have a church service said in your name, she told him. For her sake.

"I will?"

"You can't just die and be put in our compost bin," she said.

What about being cremated in the barbeque "until I fit in an urn," he countered playfully.

"You'll be sorry one day," she warned. But she agreed there should be a party: "We'll get drinks, a couple of frozen lasagnas and some Caesar salad."

"Oh thanks, big spender!"

"It'll be a wake — lots of drinking going on. Where it is and how it works out, we'll have to see about that," she said.

"I have got to get busy on this one," said dad.

Neither has any need for a cemetery plot, they said, which is just as well. Those are becoming elusive, and pricey: Toronto might be out of death space in 10 or 15 years, and Vancouver's plots were going for $25,000 last year.

Mum redoubled: Not a full funeral for dad, but a mass held in his name at the Catholic church where she's a scripture reader, a gardening volunteer and the new head of an environmental group.

"I could still say what readings we do and what songs we sing," she told him.

"You can say, or I can say?!" Dad asked. Then, to me, with a grin: "When mum goes to bed, she still goes to her bed. I can see this is going to be an interesting process."

Listening to them, it occurred to me that this was probably the most logical way for a couple to think about death. That is, collaboratively. Since they've spent their lives compromising and caring for one another's needs, why not carry that right on into funerals? Thus: No surprises, no disappointments, and perhaps even the extra comfort that the very last act in your life as a couple, you did together.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Economy, debt, gun control

AMERICA VOTES

Twin activists offer insight into millennial politics

Genna Buck
Metro Canada

In their new book When Millennials Rule, David, left, and Jack Cahn write that millennials are realists not ideologues. CONTRIBUTED

They couldn't be less like the stereotype. Far from being shiftless, lazy millennials, Jack and David Cahn, at just 20, have organized student movements, travelled across the United States as champion debaters and embarked on engineering studies at the University of Pennsylvania.

And now, in time for the 2016 U.S. presidential election, they've penned When Millennials Rule: The Reshaping of America. It's a comprehensive look at the hopes, dreams and political leanings of the 80-million-strong cohort born between 1980 and 2000, who will come to dominate American public life in the near future.

David Cahn sat down with Metro. The following is edited and condensed for clarity.

We've had a couple of nutty weeks in American politics. From the millennials' eye-view, what struck you from each of the conventions?
The most impactful moment of both conventions was President Obama's speech. Millennials elected him. They were disappointed in him for the first few years, but he will be remembered by history as a president millennials support and love, and they'll compare future presidents to him.

I saw Donald Trump's speech (at the Republican National Convention). This is my personal reaction — I'm not speaking for millennials now — this was his "I'm a fascist" speech. It was almost out of a history textbook.

You read about how these leaders came to power by preying on people's fears. I mean, verbatim, that's what he said. He said "You are in danger."

Talk about the core millennial values you've identified — optimism, authenticity and tolerance. Why these three?
We travelled around the country talking to millennials. We went through a lot of research reports and surveys, and these are always in the top five. First, authenticity: I mean look at their votes for Ron Paul (in 2012) and Bernie Sanders. People are really searching for authenticity. As for optimism, just look at Obama's message. Even though two-thirds of millennials are living paycheque to paycheque, 80 per cent think they're going to be better off than their parents. It doesn't get more optimistic than that. And tolerance for diversity: American public schools today are majority minority. We have a much different perspective on immigrants and on (minority) groups, because we've been integrated with them.

You write that millennials are realists, not ideologues. But this is an incredibly ideological election. The Bernie or Bust crowd are the opposite of realists.
I disagree with that. Millennials did not support Bernie Sanders because of his ideology. They want change. And (Sanders) talks about the issues that matter to young people. He's the one talking about Black Lives Matter. He's the one talking about college debt. He is a pragmatic, non-ideological choice.

Who's going to win millennials in November?
I'm very confident Clinton will win a broad mandate with millennial voters — if they show up to the polls.

How can she make that happen?
She has to make a positive case for herself. Millennials will just sit out this election if they feel it's a choice between the lesser of two evils. She needs to talk about the issues that matter to millennials, to everybody. That's the difference between pandering and being authentic.

What are those issues?
The economy, student debt, and gun control.

Gun control, really?
Yeah, surprisingly. According to the justice department, one in five millennials has seen a shooting. That's a terrifying number. These are the people feeling the impact (of gun violence) the hardest.

Millennials, you write, have contempt for politicians. Where's that coming from?
Millennials have had maximal exposure to just how broken the political system is. In 2000, the first millennial election, the Supreme Court chooses the president. In 2008, we elect a president who is supposed to change everything, but in 2012, millennials still don't have jobs, and Mitt Romney says 47 per cent of the country is moochers. And 2016 we have Trump and Clinton. It seems like it gets worse every time.

You are both engineering students, but you wrote this political book. Are you pivoting toward a life in politics? Even a run for office?
This book highlights just how differently millennials think about public policy. If they think about making change, they think about apps, and about the Internet and entrepreneurship, not about running for office. I can make a bigger impact there than I could in politics.

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MONEY MATTERS

Many things can influence impulse buys, so beware

Gail Vaz-Oxlade
For Metro Canada

Does this colour make you want to go shopping?

Strong contrasts like black and yellow cause our attention to perk up. ISTOCK

Whenever I have a big purchase to make, I imagine buying it or place the item in a "shopping cart" online, then sleep on it for a few days.

I find that if I load up the cart in my brain and then sleep on it, I can decide with fresh eyes how much I really want what I've put in my cart, and whether I'm happy with the price.

Heaps of things can influence your desire to impulse shop. According to research, most impulse purchases are made because the item is on sale. Yup, just the idea that you may be getting a bargain is enough to make you dig into your wallet. Thing is, if you're responding on impulse, how can you possibly know if you are getting a good deal? And if you're responding to a percentage off, what does that mean in real dollars saved versus the very real dollars spent?

It's not just the numbers or words on the sale sign that will grab your attention. Colour can draw you in and keep you focused. Strong contrasts, like black and yellow, are key. In fact, bright yellow has been proven to be the most visible colour, and when we see black and yellow together, we have an instinctive reaction — an ancient collective memory — that keeps us paying attention.

Even our means of transportation can impact our impulse purchase. Not surprising really. We might be willing to fork over money and lighten our wallets, we're far less willing to carry our stuff. That's why shoppers who arrive by car instead of on foot are 44 per cent more likely to make an unplanned purchase.

Emotions play a huge role in our desire to impulse buy. If we're angry, stressed, guilty or bored, we're more likely to impulse purchase. No doubt that's why instead of buying useful or necessary stuff, impulse shoppers buy things that put them in a better mood.

That old adage "don't go shopping on an empty stomach" doesn't just apply to grocery shopping.

Psychologists at the National University of Singapore had participants shop in a room with an unscented candle or in a room with a cookie-scented candle.

The women exposed to the yummy smelling candle made more unplanned purchases. In fact 50 per cent more women made purchases in the cookie room even though both groups were told that they had a tight budget. Stimulating the appetite causes people to crave immediate gratification, even if the actions aren't in their best interest.

If you scratch the itch in the store, it's an impulse buy. When you realize you need something and then set out to get it, that's purposeful shopping. If you recognize the need away from the temptation to shop, it's what psychologists call "problem recognition" and you're much more likely to shop smart.

That's where sleeping on it comes into play. If you walk away from the idea of the buy, giving your brain enough time to weigh the actual benefits (what said purchase will do for you) against the actual costs (money and missed future opportunities), you're moving from impulse shopping to problem recognition (and satisfaction). The next time you think you want to, need to, have to buy something, go home and sleep on it.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

A Boston Public Schools initiative will allow students to sign up for wake-up calls from David Ortiz to help inspire kids to get out of bed

Something's in the water

ROAD TO Rio
Contaminated coastline

'Don't put your head under,' Expert warns

Just days ahead of the Olympic Games the waterways of Rio de Janeiro are as filthy as ever, contaminated with raw human sewage teeming with dangerous viruses and bacteria, according to a 16-month-long study commissioned by The Associated Press.

Not only are some 1,400 athletes at risk of getting violently ill in water competitions, but the AP's tests indicate that tourists also face potentially serious health risks on the golden beaches of Ipanema and Copacabana.

The AP's survey of the aquatic Olympic and Paralympic venues has revealed consistent and dangerously high levels of viruses from the pollution that has set off alarm bells among sailors, rowers and open-water swimmers.

The first results of the study published over a year ago showed viral levels at up to 1.7 million times what would be considered worrisome in North America or Europe. At those concentrations, swimmers and athletes who ingest just three teaspoons of water are almost certain to be infected with viruses that can cause stomach and respiratory illnesses and more rarely heart and brain inflammation — although whether they fall ill depends on factors like the strength of one's the immune system.

Beach goers swim at Copacabana Beach on Sunday in Rio de Janeiro. RYAN PIERSE/GETTY IMAGES

Since the AP released the initial results last July, athletes have been taking elaborate precautions to prevent illnesses that could potentially knock them out of the competition, including taking preventative antibiotics, bleaching oars and donning plastic suits and gloves in a bid to limit contact with the water.

But antibiotics combat bacterial infections, not viruses. And the AP investigation found that infectious adenovirus readings — tested with cell cultures and verified with molecular biology protocols — turned up at nearly 90 per cent of the test sites over 16 months of testing.

"That's a very, very, very high percentage," said Dr. Valerie Harwood, Chair of the Department of Integrative Biology at the University of South Florida. "Seeing that level of human pathogenic virus is pretty much unheard of in surface waters in the U.S. You would never, ever see these levels because we treat our waste water. You just would not see this."

248M

The most contaminated points is the Rodrigo de Freitas Lagoon (rowing). In June, adenovirus readings were still a hair-raising 248 million adenoviruses per litre. In California, viral readings in the thousands per litre set off alarm bells.

Testing at several of the city's world-famous beaches has shown that in addition to persistently high viral loads, the beaches often have levels of bacterial markers for sewage pollution that would be cause for concern abroad — and sometimes even exceed Rio state's lax water safety standards.

In light of the AP's findings, Harwood had one piece of advice for the 300,000-500,000 foreigners expected to descend on Rio for the Olympics: "Don't put your head under water."

Swimmers who cannot heed that advice stand to ingest water through their mouths and noses and therefore risk "getting violently ill," she said.

Despite a project aimed at preventing raw sewage from flowing directly into the Gloria Marina through storm drains, the waters remain just as contaminated. The first sampling there, in March, 2015, showed over 26 million adenoviruses per litre; this June, over 37 million adenoviruses per litre were detected.

The local organizing committee has previously said bacterial testing conducted by Rio state authorities has shown the aquatic venues to be within state guidelines.

The crux of the issue lies in the different types of testing used to determine the health and safety of recreational waters.

Bacterial tests measure levels of coliforms — different types of bacteria that tend not to cause illnesses themselves but are indicators of the presence of other, potentially harmful sewage-borne pathogens such as other bacteria, viruses and protozoa that can cause cholera, dysentery, hepatitis A and typhoid, among other diseases. Bacterial tests are the worldwide standard because they're cheap and easy.

But there's a growing consensus that they're not ideal for all climates, as bacteria break down quickly in tropical weather and salty marine waters. In contrast, viruses have been shown to survive for weeks, months or even years — meaning that in tropical Rio low bacterial markers can be completely out of step with high virus levels.

The testing also revealed alarming spikes in fecal coliform levels — the very measure the state government uses to determine the safety of Rio's recreational waters. THE ASSOCIATED PRESS

IN BRIEF

Hesjedal to retire after '16

Canadian cyclist Ryder Hesjedal confirmed on Monday that he will retire at the end of the 2016 season.

Ryder Hesjedal GETTY IMAGES

The 35-year-old Victoria native won the 2012 Giro d'Italia won stages in the Vuelta a Espana (2009, 2014), earned a second place in the Amstel Gold Race (2010), and fifth overall in the Tour de France (2010).

He began as a professional in mountain biking in 1999 before switching full-time to the road with US Postal in 2004. THE CANADIAN PRESS

Coyotes buy out former Sen Vermette's last year

The Arizona Coyotes parted ways with veteran centre Antoine Vermette to give themselves some more flexibility for next season.

Antoine Vermette GETTY IMAGES

The Coyotes bought out the final year of Vermette's contract on Monday, making the 34-year-old a free agent. Instead of counting $3.75 million against the salary cap, Vermette will count $1.25 million each of the next two seasons as Arizona looks to get younger. THE ASSOCIATED PRESS

TRADE DEADLINE HIGHLIGHTS

METS GET	**REDS GET**	**RANGERS GET**	**BREWERS GET**
Jay Bruce (OF)	Dilson Herrera (IF) Max Wotell (LHP)	Jonathan Lucroy (C) Jeremy Jeffress (RHP)	Lewis Brinson (OF) Luis Ortiz (RHP)
GIANTS GET	**RAYS GET**	**DODGERS GET**	**A'S GET**
Matt Moore	Lucius Fox (SS) Michael Santos (RHP)	Rich Hill (LHP) Josh Reddick (OF)	Jharel Cotton (RHP) Grant Holmes (RHP) Frankie Montas (RHP)
RANGERS GET	**YANKEES GET**		
Carlos Beltran	Dillon Tate (RHP) Nick Green (RHP) Erik Swanson (RHP)	**ORIOLES GET**	**RAYS GET**
		Steve Pearce (IF/OF)	Jonah Heim (C)

THE ASSOCIATED PRESS

MLB

Jays' Sanchez to 'pen after Liriano deal

The addition of veteran pitcher Francisco Liriano assures that all-star Aaron Sanchez will be heading to the Blue Jays bullpen.

The 32-year-old Liriano was acquired by Toronto in a trade with the Pittsburgh Pirates on Monday in exchange for right-hander Drew Hutchison.

The Jays were already discussing moving the 24-year-old Sanchez out of his starting role. General manager Ross Atkins says that acquiring Liriano makes the move a guarantee.

"A big part of Aaron is we feel like with transitioning him to a relief role will be the best thing for us being in a Game 7 of the World Series," Atkins said. "We're still working through the timing but this (trade) allows us to do that."

Francisco Liriano GETTY IMAGES

"The best chance for us to win a World Series is if Aaron Sanchez is part of the team, and we felt like the best odds of him being part of the team was at some point some transition to the bullpen. With that in mind, we now have the option to do that."

Toronto also got two prospects in the deal, catcher Reese McGuire and outfielder Harold Ramirez.

Liriano has a 6-11 record this season in 21 starts with a 5.46 earned-run average and 116 strikeouts. The best season of Liriano's 11-year career came in 2013 with the Pirates, while he was an all-star at 22 with Minnesota in 2006. Atkins believes that Liriano's experience outweighs this season's numbers.

Liriano had a 16-8 record with a 3.02 ERA and 162 strikeouts in 2013 with Jays catcher Russell Martin as his primary backstop.

In other deals on Monday, Toronto acquired right-handed pitcher Scott Feldman from the Houston Astros in exchange for pitching prospect Gaudalupe Chavez. The Blue Jays also got righty Mike Bolsinger from the Los Angeles Dodgers for reliever Jesse Chavez and cash considerations. THE CANADIAN PRESS

Go to metronews.ca for coverage of Monday's Jays-Astros game in Houston.

Redskins' healthy rivalry

NFL

Jackson and Norman feeding off each other in training

Kirk Cousins unloaded on a throw down the right sideline and watched as receiver DeSean Jackson and cornerback Josh Norman raced after the ball.

When Jackson got a step to beat Norman and finished off the play with a touchdown catch, Cousins sprinted down the field to celebrate as fans wowed and cheered.

Jackson versus Norman is the must-watch matchup at Washington Redskins training camp, whether it's during 1-on-1 drills or 11-on-11s. The two stars revel in the competition and put on a show they hope will pay dividends by the time the games begin.

"We're here to get better, make each other better," Jackson said. "Both guys are out there doing it, just trying to help each other get better and just strive for greatness. Have a little bit of fun, talking, just kind of communicating, going back and forth a little bit."

The Redskins have Pierre Garcon with Jackson on offence and DeAngelo Hall and Bashaud Breeland with Norman on defence, so there's no shortage of chatter on the practice fields at training camp.

Breeland has impressed with some highlight-reel interceptions and pass breakups, but all eyes are on Jackson and Norman when they are matched up. Jackson is in the final year of his contract, while Norman is in the first of his $75 million, five-year deal. Jackson has gotten the better of Norman so far, but the All-Pro cornerback who was part of the Carolina Panthers' NFC champion defence considers practice a game in his own head.

DeSean Jackson GETTY IMAGES

"Being able to match up with a guy like that each and every time posted one-on-one is only going to make me better because if he beats me, he beats me," Norman said. "If he beats me on this play, I'm coming back trying to find out how he beat me that first play. So I can come back and look at it like, 'Let me beat him now.'"

Even coach Jay Gruden is excited to see the chess match.

"It will be great competition," Gruden said. "When you go out and land a free agent of (Norman's) calibre with the success that he had in Carolina and with the playmaking ability that he has and the leadership qualities that he has — it's only going to help your football team."

Norman thinks it'll help him to work 1-on-1 against Jackson because it'll help him adjust to receivers in the East. When the games start counting, it'll be Norman vs. Odell Beckham Jr. of the New York Giants and Dez Bryant of the Dallas Cowboys, so this is prep time.

"Coming from the (NFC) South where we face giants, it's a bit different," Norman said. "Now just being better with that and understanding to use my tools where I can be physical and where I can't be. Knowing that, D-Jax (Jackson) is going to help me." THE ASSOCIATED PRESS

Josh Norman, left, breaks up a pass intended for wide receiver Pierre Garcon during afternoon practice on Friday in Richmond, Va. STEVE HELBER/THE ASSOCIATED PRESS

NASCAR

Rain helps Buescher earn surprise victory

Chris Buescher emerged from the fog and foul weather to become a stunning winner in Monday's shortened Sprint Cup race at Pocono Raceway.

Buescher, who drives for underfunded Front Row Motorsports and hadn't finished better than 14th all season, was the beneficiary on a rare Monday race postponed a day by rain.

NASCAR called the red flag with 22 laps left and parked the cars on pit road. Buescher could only sit and wait in the No. 34 Ford, though NASCAR let drivers get out of their cars after about 10 minutes as they waited out the gloomy conditions.

"I'm a little scared to get out," Buescher said. No need. He was declared the winner after about an 80-minute delay. He was doused with beer and water in a makeshift victory lane celebration inside a garage stall.

Brad Keselowski was second, followed by Regan Smith, Kevin Harvick and Tony Stewart. Jeff Gordon finished 28th driving for the injured Dale Earnhardt Jr. There are two major requirements to making the Chase for the Sprint Cup Championship.

One is winning a race and the other is being in the top 30 in points. Buescher is still six points behind David Ragan for 30th and will need to improve in the final five races before the Chase field is set.

Buescher won twice last season in the Xfinity Series and won the series championship. He finished 30th or worse 10 times this season. Ragan had Front Row's only victory 118 races ago in fall 2013 at Talladega.

> I'm trying to remember every rain dance I've ever learned.
> **Chris Buescher**

The 23-year-old Buescher, a former ARCA champion, rested against a fence and was swarmed by fans and photographers wanting a picture before the race was even called. With veteran crew chief Bob Osborne calling the shots, Buescher and his crew rooted for the rain and fog to stick around. "I'm trying to remember every rain dance I've ever learned," he said in the car. THE ASSOCIATED PRESS

IN BRIEF

Buffalo's Kane pleads not guilty to grabbing charge

Sabres forward Evander Kane has pleaded not guilty in Buffalo City Court to charges alleging he grabbed three women during an altercation at a downtown bar in June.

The 24-year-old Kane was arrested July 22 after turning himself in to Buffalo police and was charged with non-criminal harassment, disorderly conduct and trespass. He was released after being processed. THE ASSOCIATED PRESS

Stoudemire to continue career playing in Israel

Amare Stoudemire isn't done yet. After retiring from the NBA with Miami Heat on July 26, Stoudemire signed a two-year contract Monday to play for Israeli team Hapoel Jerusalem.

Stoudemire said the decision was very emotional for him and his family. The six-time NBA All-Star has visited Jerusalem on multiple occasions, but said getting the opportunity to play in Jerusalem will be a "spiritual journey." THE ASSOCIATED PRESS

Wolfsburg sign Polish star Blaszczykowski from rivals

Wolfsburg has signed Poland midfielder Jakub Blaszczykowski from Bundesliga rival Borussia Dortmund. Wolfsburg says the 30-year-old Blaszczykowski signed a deal to 2019. Both clubs agreed not to disclose the transfer fee. Kicker magazine reports a fee of around 5 million euros ($5.6 million).

Blaszczykowski, who played 197 Bundesliga games for Dortmund, winning the league in 2011 and 2012, spent last season on loan at Serie A side Fiorentina. Injuries hampered his time in Italy, though he impressed at Euro 2016 with Poland. THE ASSOCIATED PRESS

Source: Reggie Bush travelling to visit the Bills

A person with direct knowledge of the situation says veteran free-agent running back Reggie Bush is travelling to meet with the Buffalo Bills.

The person says the Bills will sign Bush pending the player passing a physical, which he is scheduled to take on Monday. The person spoke on the condition of anonymity because the Bills have not announced their plans. THE ASSOCIATED PRESS

RECIPE Green Goddess Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could add grilled chicken or shrimp to this creamy and crunchy salad or you could give the stove a break and enjoy a crisp, cool, vegetarian dinner.

Ready in
Prep Time: 5 minutes
Total Time: 10 minutes

Ingredients
- 6 or 7 stalks of asparagus
- 2 or 3 handfuls of Boston or Bibb lettuce
- 1/2 English cucumber
- 1 handful of cherry tomatoes
- 1/2 avocado
- 1/4 cup feta cheese, crumbled

Dressing
- 1/2 avocado
- 3/4 cup buttermilk
- 2 Tbsp chives, basil
- 3 tsp white wine vinegar
- 1 tsp anchovy paste
- 1 cup scallions

Directions

1. Put the dressing ingredients in a blender and whiz away.

2. Steam your asparagus for 3 to 5 minutes until they are crisp tender. Plunge them in cold water to stop them from cooking.

3. Wash and dry all of your other veggies. Tear and arrange your lettuce on a plate or platter.

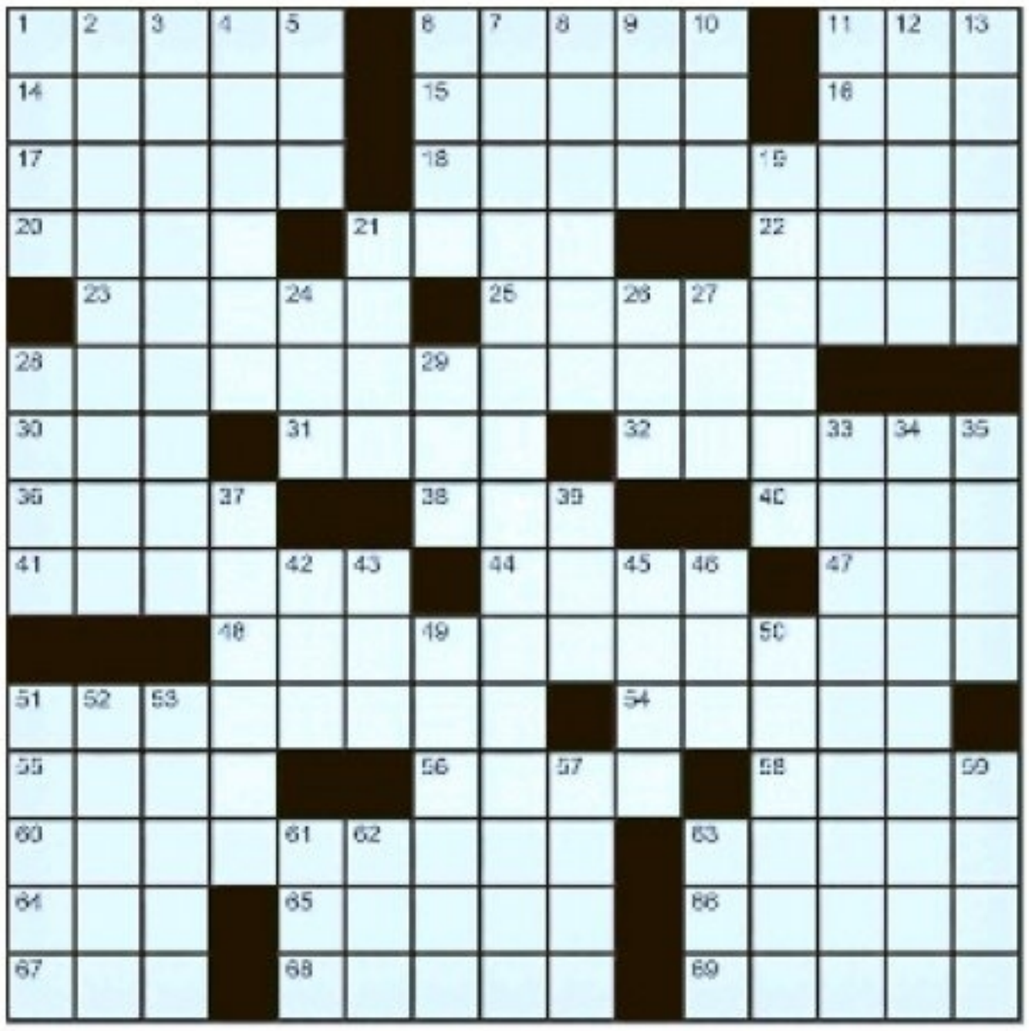
4. Take the half, pitted avocado and cut into cubes. Scatter across the lettuce.

4. Cut up the asparagus into small pieces, about 2 inch lengths. Toss those on. Scatter the cucumber and tomatoes over your salad. Slightly dress the salad before covering in feta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Do alterations to the client's old suit
6. English-speaking Quebecer, commonly
11. _-med student
14. Offer one's point of view
15. Rock drill
16. Red Cross mission
17. Bette Davis' character in "All About Eve" (1950)
18. _ out (Expanding one's business, perhaps)
20. Plaintiff
21. Paving stone
22. "Come on, Dover, move yer bloomin' _!" - Eliza in "My Fair Lady" (1964)
23. Fido's collar attachment
25. Away-from-work breaks
28. Serving on a Canadian carnivore's breakfast plate: 2 wds.
30. Classic TV Cousin
31. Mr. LaBeouf
32. Group of four
36. Editor's 'let it stand'
38. Water channel, e.g.
40. Reasonable
41. Get the drink to fizz
44. Diplomacy
47. Murder trial proof, commonly
48. Canadian Museum of _ (Former name of the Canadian Museum of History in Gatineau, Quebec)
51. Beta-_
54. Wide assortment
55. Sort of lily
56. "That is _ _ out guitar!" ...exclaimed the '60s hippy rocker
58. Salt Lake City state
60. Little Bear constellation: 2 wds.
63. "Why _ _ _ longer receiving the magazine?"
64. Maritime message
65. Not hidden
66. Do the cha-cha
67. Farm animal
68. "Turn! Turn! Turn!" by The _
69. Wrath

DOWN
1. Followers of CD-
2. Military uniform's shoulder adornment
3. Circus performer, for example
4. "Just Once" singer James
5. Racing's Mr. Fabi
6. French monastery Superior
7. Saskatchewan city: 2 wds.
8. Dei _ Regina (By the grace of God, the Queen)
9. "Steal My Sunshine" group
10. Folklore creature
11. Matches
12. Mouthwash-using step
13. Ford vehicles made in Canada
19. Does a ghost's job
21. Ex-ruler of Iran
24. The Outsiders author Ms. Hinton's
26. Group of play scenes
27. Shoe section
28. Leaning Tower of _
29. '_ _' for Leamington
33. Beaming
34. Aggravator
35. "The _ Martin Show"
37. City in Washington state
39. Movie star, Aishwarya _
42. _-for-tat
43. Genesis fruit picker
45. Russian ruler
46. Driveway covering
49. More ludicrous
50. "The _ Show" (1998) starring Jim Carrey
51. Reason
52. Bow's shot
53. Russian, in Montreal
57. "_ & Minds" (Old show on Bravo)
59. Gardener, at times
61. Gang
62. Brick foliage
63. C-A-N-_-_-_

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon is the best day all year to look at the balance in your life with work versus play, socializing and appreciating your creativity. Life should not be all about work.

Taurus April 21 - May 21
This is the best day of the year to see ways to improve your home and your family relationships. It's a great day to make resolutions!

Gemini May 22 - June 21
Today's New Moon is the perfect day to think about your style of communicating to others. Are you clear in all your communications?

Cancer June 22 - July 23
You are frugal by nature. Nevertheless, today is the only New Moon all year urging you to make resolutions about how you handle your wealth.

Leo July 24 - Aug. 23
Because you are disciplined today, you will accomplish a lot. Examine the structures in your life to see what is really working and what is not.

Virgo Aug. 24 - Sept. 23
Take a moment today to think about the values that guide you on a daily basis. This is something we take for granted and often never think about.

Libra Sept. 24 - Oct. 23
Today's New Moon is your opportunity to think about how you can improve your friendships and your relationships with groups. After all, there's always room for improvement, isn't there?

Scorpio Oct. 24 - Nov. 22
People skills are important, especially when dealing with bosses and VIPs. How are your skills for dealing with authority figures?

Sagittarius Nov. 23 - Dec. 21
You love to travel, and you love to learn. Today's New Moon urges you to think of ways to enrich your life through travel and further study.

Capricorn Dec. 22 - Jan. 20
Each New Moon is a chance to make resolutions. Today's New Moon offers you a chance to think about how to get out of debt and handle shared property in a better way.

Aquarius Jan. 21 - Feb. 19
What can you do to improve your partnerships and closest relationships? This might be the best day of the year to think about this. Be honest with yourself.

Pisces
Feb. 20 - March 20
Today's New Moon is your chance to think about how to improve your health, as well as how to improve your job or how you do your job.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5		6			8		3	2
			6		4	9		5
2				3			7	
	2				9		5	3
		9				2		
4	7		5				8	
	6			7				1
3		5	2		1			
1	4		9			3		8

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	1	9	4	7	2	6	5	8
8	5	4	3	1	6	7	9	2
6	7	2	5	9	8	4	1	3
1	9	7	2	5	3	8	6	4
5	4	3	8	6	9	1	2	7
2	8	6	7	4	1	5	3	9
7	3	5	1	2	4	9	8	6
9	2	1	6	8	7	3	4	5
4	6	8	9	3	5	2	7	1

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12pm or 6pm
Marriott Hotel Ottawa
100 Kent Street

OTTAWA
SATURDAY, AUGUST 6
10am or 2pm
Hilton Garden Inn Ottawa Airport
2400 Alert Road

Here are just a few of the hundreds of investors whose lives have been changed by investing with Nick Vertucci Companies.

DON & ESTER JENSEN

Closed Sales - 10 closed deals
(including partnerships and wholesale)
Profits from Sales & Wholesale $228,750
"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.